

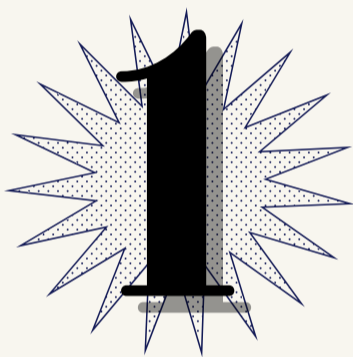
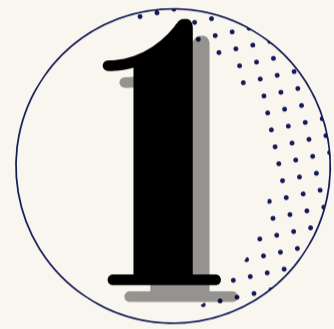
# Individualized Roadmap Worksheet

Using the Life Disrupter Roadmap, you may now make your own customized map for the disrupter you are currently facing. Take your time to complete this process as it is not a one-time event. Remember that though these steps are linear, your experience will be less of a smooth progression and more of a process of moving up and down the acceptance scale. The main thing is that you keep aiming to move up. Do not be hard on yourself, but do persevere!

## CONDEMN

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- What do you fear you can't handle? What would you rather avoid right now? What triggers you?
- Why do you feel this way?
- What do you do to condemn your disrupter?



### Tasks

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- What steps will you take to look at your fear and step into the discomfort of doing so?
- Imagine and allow yourself to feel your worst case scenario.

## ENDURE

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- What new reality do you have a hard time enduring?
- How does the struggle to live day by day manifest itself in your life?
- Why is it hard to endure your life disrupter?



### Tasks

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- What short-term strategy for endurance has helped you in the past?
- What new one can you develop?

## TOLERATE

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- What interferes with your ability to persevere over the long-haul?
- What emotions are hard for you to tolerate long-term?
- When are you tempted to say, "When this is over, I'll...?"



## Tasks

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- What perspective change do you want to engage?
- Identify the things that remain amid the loss.
- What steps can you take to focus on what remains without denying the reality of what is lost?



## ACCEPT

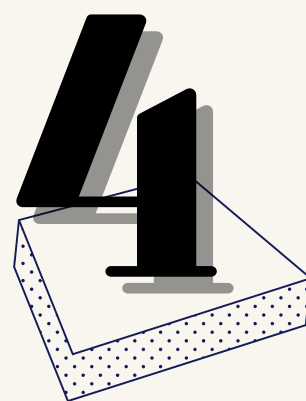
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- Name your two or three biggest losses and whether they are concrete, abstract, or anticipatory.
- How attached are you to the things you have lost?
- Has your disrupter revealed a weakness in your character that you'd like to improve?

## Tasks

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- How can you make these losses an integral part of your current story?
- How can you become a better wounded healer who heals wounds?
- What people or communities do you want to reach out to more and how?



## EMBRACE

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- In what ways has your disrupter expanded your heart? How are you a better person now?
- What did you learn through the disrupter that you probably would not have learned without it?

## Tasks

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- What specific attitudes and actions will you engage to keep the lessons of pain alive?
- How do you plan to deepen your sense of appreciation and receptivity to the beautiful gift of life?

